



PROGRAMME : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : **BIOTICS III**

CODE : **BIT 301**

DATE : 21 NOVEMBER 2016
EXAMINATION

DURATION : SESSION 1
8H30 – 11H30

WEIGHT : 50: 50

TOTAL MARKS : 160

EXAMINER : MS. S. SEYAMA

MODERATOR : MRS. S. NANA

NUMBER OF PAGES : 3 PAGES

INSTRUCTIONS : ANSWER ALL QUESTIONS
CHECK THE MARK ALLOCATION
HAND IN THE QUESTION PAPER WITH THE ANSWER
SCRIPT.

REQUIREMENTS : 2 EXAMINATION SCRIPTS PER CANDIDATE

QUESTION 1

- 1.1 Distinguish the roles of the sympathetic and parasympathetic nervous systems. (4)
- 1.2 Explain the relation between neurotransmitters and stress. (6)
- 1.3 Evaluate the role of emotions in stress. (10)
- 1.4 Explain the two categories of stress signs/level of intensity (moderate & severe). (10)
- [30]**
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QUESTION 2

- 2.1 Discuss the notion of external stressors. (6)
- 2.2 Name and briefly discuss the two types of conditioning. (8)
- 2.3 Discuss the following long term effects of a de-stressed state:
- 2.3.1 Wisdom (3)
- 2.3.2 Optimism and positive thinking (2)
- [19]**
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QUESTION 3

- 3.1 Describe the typical behaviours/symptoms of people that are highly acidic. (7)
- 3.2 Provide appropriate diet that will reduce the acidic. (10)
- [17]**
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QUESTION 4

- 4.1 Identify and elaborate on the characteristics (10) of a person in danger due to high stress levels. (20)
- 4.2 Research has indicated that certain personality traits can make a person more vulnerable to stress. Identify and tabulate these personality traits and advice your client on how to bridge the gap between these personality traits. (10)
- [30]**
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QUESTION 5

- 5.1 Explain the meaning of High level wellness. (5)
- 5.2 Clarify Intellectual Wellness (3)
- 5.3 Briefly describe the following components of the wellness concept related to physical:

- 5.3.1 Cardio respiratory endurance (3)
 - 5.3.2 Muscular strength and endurance (3)
- [14]**
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QUESTION 6

- 6.1 Describe the following Macrobiotic principles:
 - 6.1.1 Opposites Attract, Like Repels Like (4)
 - 6.1.2 Healing Is a Body, Mind, Spirit Paradigm (4)
 - 6.1.3 Every Front Has a Back (4)
 - 6.2 Explain the acidocis cycle (4)
 - 6.3 Identify illnesses caused by acidosis in the body. (3)
- [19]**
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QUESTION 7

- 7.1 Identify the physiological advantages/benefits of bamboo massage in the short term. (8)
 - 7.2 Provide total/absolute contraindications to bamboo massage. (4)
 - 7.3 Identify and define the seven major insights or principles of Huna. (14)
 - 7.4 Explain the process of Hawaiian massage. (5)
- [31]**
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